

ABSTRACT OF THE DISCLOSURE

A brake for a skate is actuated by dorsiflexion (the medical term for a foot motion that raises the toes when a person is standing) and not by plantar flexion (the opposite motion). The braking motions of the toes are thus the natural motions used to maintain balance. The actuating motion (A) moves a lifter (110) and rotates a brake shoe (150) about a pivot (130). The brake shoe preferably includes fiber-reinforced elastomer.